

ABB FORMULA-E
FIA FORMULA-E CHAMPIONSHIP

NYC E-Prix | July 13 & 14

TICKETS FROM \$12 & KIDS GO FREE

BUY TICKETS AT FIAFormulaE.com/NYC

*Free entrance to Allianz E-Village for children ages 0-12 when accompanied by a paying adult age 16 years and over

Julius Bär
Allianz

ABB, MICHELIN, TAG HEUER, DHL, SAUDIA, Allianz, BOSCH, enel x, BOSS, modis

metro

NEW YORK CITY NO. 1 FREE DAILY IN THE WORLD

Monday, June 24, 2019 metro.us | t: MetroNewYork | f: MetroNewYork



BOBBY KIMBALL
The longtime Toto frontman talks "Africa" with Metro. 14



Things now get interesting for Team USA
as World Cup round of 16 begins. 18

Trump: Hiring Sessions was 'biggest mistake.' 4



UNDER THE SEA

It's officially summer when the mermaids take over Coney Island for the annual Mermaid Parade. 10-11

Universal values. Personal attention.

Learn more at NYSCAS.Touro.edu

Touro is an equal opportunity institution.
For Touro's complete Non-Discrimination Statement, visit www.touro.edu



TOURO COLLEGE
NEW YORK SCHOOL OF
CAREER & APPLIED STUDIES



Metro's Weather Report

MONDAY

83° | 69°

Mostly sunny

TUESDAY

81° | 70°

Showers likely and possibly a thunderstorm

WEDNESDAY

86° | 72°

Mostly sunny

THURSDAY

87° | 71°

Mostly sunny

NOAA-NATIONAL WEATHER SERVICE

FRIDAY

87° | 72°

Mostly sunny

Ukraine hosts biggest-ever gay pride parade

Ukrainian President and former comedian Volodymyr Zelenskiy has promoted a more tolerant culture.

Ukrainian politicians and foreign diplomats joined thousands marching in a gay pride parade in Kiev on Sunday, the biggest and most peaceful ever in the former Soviet country.

Crowds of people, many dressed in bright colors, paraded along streets in the center of the Ukrainian capital, holding up banners saying, "Diversity is beautiful," "Human rights = happy country," "No violence — yes rights!"

They were flanked by a thick cordon of police in helmets but there was no sign of violence despite the presence of a few hundred protesters.

Sunday's march in Kiev was part of Pride Month, celebrated by lesbian, gay, bisexual and transgender (LGBT) people around the world.

Ukrainian President Volodymyr Zelenskiy, a former comedian who took office last month, has promoted a tolerant culture, saying he stands for all people's equality and freedom.

"Our desire is to con-



1

vey to a majority of people that LGBT is normality," Eduard, a 17-year-old tattoo artist, told Reuters.

"I am taking part for the fifth time. Ukraine is making significant progress compared to previous years. Security and organization are much better."

Zelenskiy's office urged the police to prevent violence and guarantee the safety of participants in the March of Equality.

"Ukraine's Constitution states that citizens have equal constitutional rights and freedoms," it said in a post on its Facebook

"Our desire is to convey to a majority of people that LGBT is normality."

Eduard, a 17-year-old tattoo artist

page on Sunday morning.

Ruslana Panukhnyk, one of the organizers of the capital's annual gay

pride march, told journalists after the event that about 8,000 people had attended it, far more than 5,000 last year.

"We are satisfied with the cooperation with the police. There were some small incidents, but no injuries," she said.

"The most important [thing] for us is human rights."

Under Western-backed leadership, Ukraine's parliament passed legislation in 2015 to ban discrimination in the workplace as part of a series of laws Ukraine needed to pass to qualify for a visa-free travel agreement with

the European Union.

"Thank you to the police and other law enforcement agencies for protecting today's Pride event in Kiev," Judith Gough, the British ambassador to Ukraine who joined the march, wrote in a tweet.

She posted pictures of herself and other Western ambassadors who participated in the event.

William B. Taylor, charge d'affaires at the U.S. Embassy in Ukraine, wrote in a tweet: "We stand with all Ukrainians striving for equality and non-discrimination."

The government has

8K

Eight thousand people attended, far more than 5,000 last year.

increased support for LGBT rights since a Western-backed leadership came to power in 2014, but critics say homophobic attitudes remain relatively widespread.

Sunday's march was a far cry from violent clashes witnessed at the same event in 2015, but protesters also made their voices heard. REUTERS



REUTERS

Former US Congressman Sestak joins prez race

2 Former U.S. Rep. Joe Sestak said on Sunday that he would seek the Democratic nomination for president, becoming the party's 25th candidate in the 2020 election. In announcing his candidacy, Sestak, 67, a retired three-star U.S. Navy admiral, emphasized his 31-year military career, the need to restore U.S. leadership in the world and challenges from climate change and China's growing global

influence. "Our country desperately needs a president with a depth of global experience and an understanding of all the elements of our nation's power, from our economy and our diplomacy to the power of our ideals and our military, including its limitations," Sestak said. He warned of the dangers of China's influence, from its "virtual monopoly" in high-technology manufacturing supply chains to its Belt and Road infrastructure drive. REUTERS

Ethiopia's army chief, 3 others killed in failed coup

3 Ethiopia's army chief of staff and the head of the northern state of Amhara were killed in two separate but related attacks when a general tried to seize control of Amhara in an attempted coup, the prime minister's office said on Sunday. Amhara state president Ambachew Mekonnen and his adviser were shot dead and the state's attorney general was wounded in the regional capital of Bahir Dar on Saturday evening, Prime Minister Abiy

Ahmed's office said in a statement. In a separate attack the same night, Ethiopia's army Chief of Staff Seare Mekonnen and a retired general were both shot dead in Seare's home in Addis Ababa by his bodyguard. The two attacks were linked, the statement said, without giving details. Abiy's office named Amhara state security head General Asamnew Tsige as responsible for the foiled coup, without giving details of his whereabouts. REUTERS

Unit at Philly refinery completely destroyed in fire

4 The alkylation unit involved in a massive fire on Friday at Philadelphia Energy Solutions Inc.'s oil refinery has been completely destroyed, which will hamper the supply of gasoline from the East Coast's largest refinery, sources familiar with the matter said on Sunday. The destruction of the unit, coupled with damage from the fire that ripped through the 335,000 barrel-per-day (bpd) refining complex, could force the plant to re-

main shut for an extended period. The fire, which began in a tank and involved several explosions that sent a huge fireball into the sky, engulfing the surrounding areas in smoke early on Friday morning, was extinguished Saturday afternoon, the Philadelphia Fire Department said on Sunday in a statement. The gas valve that had been fueling the fire was shut off, and the tank involved in the blaze was isolated, the fire department said. REUTERS

The MTA and NYPD are **stepping up** fare evasion enforcement on subways and buses.

Evading the fare impacts the MTA's ability to improve service and is subject to a **\$100 fine**.

Help prevent fare evasion:

Use turnstiles to enter and exit the subway.

If you need the subway gate, don't hold it open.

Board through the front door on local buses and have your fare ready.

Buy your ticket before you board and keep it throughout your ride on Select Bus Service.

Together, we can make a better system.



NEWS

Trump: Naming Jeff Sessions AG was 'biggest mistake'

The president made the comments on Sunday's "Meet the Press."

President Donald Trump said on Sunday that if he could have one "do-over," it would be "personnel" decisions, including naming former Sen. Jeff Sessions as his first U.S. attorney general.

"I would say if I had one do-over, it would be, I would not have appointed Jeff Sessions to be attorney general. ... That was the biggest mistake," Trump said in an interview aired on Sunday with NBC's "Meet the Press."

After almost three years of investigations, Trump's presidency is still clouded by questions surrounding Russian interference to boost his candidacy in the 2016



Former U.S. Attorney General Jeff Sessions testifies before a Senate Intelligence Committee hearing in Washington. REUTERS

U.S. elections and his subsequent efforts to impede inquiries into the matter.

Sessions, formerly a Republican senator from Alabama, was one of the earliest Trump administration casualties of the Russian election med-

dling scandal, which continues to be investigated by committees of the U.S. Congress.

In February 2016, Sessions became the first serving senator to endorse Trump when the New York reality TV star

and real estate developer was still a presidential candidate.

Russian intelligence organizations a month later began a cyber campaign aimed at interfering with the 2016 presidential election,

according to U.S. intelligence agencies.

During the campaign, Sessions, a close Trump adviser, met with Russian Ambassador Sergei Kislyak. Several others in Trump's inner circle met with Russians during this period, too.

In late July 2016, the FBI began investigating Russian meddling in the election.

After Trump's stunning election victory, Sessions was rewarded for his loyalty by being nominated as the top U.S. law enforcement official and head of the Justice Department.

In January 2017 in Senate confirmation hearings, Sessions said that during the campaign he had no communication with Russians. A month later, he was confirmed as attorney general.

Only two months afterward, Sessions' campaign ties to Kislyak were reported. Democrats accused him of lying to Congress.

In March 2017, Sessions recused himself from the ongoing investigation into Russian interference in the elections, infuriating Trump, who thereafter frequently attacked Sessions.

In May 2017, Special Counsel Robert Mueller was appointed to take over the Russia probe from the FBI.

In November 2018, after months of being publicly ridiculed by Trump, Sessions resigned. He was replaced briefly by Matthew Whitaker until William Barr was confirmed to the job of attorney general. On Barr, Trump said, "He's brought sanity back." REUTERS



Medicaid and your Doctor can help you Quit Smoking

Medications are covered.

Call **1-866-NYQUITS**
for more help.



**Department
of Health**

Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, **NYC Pain MD** has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

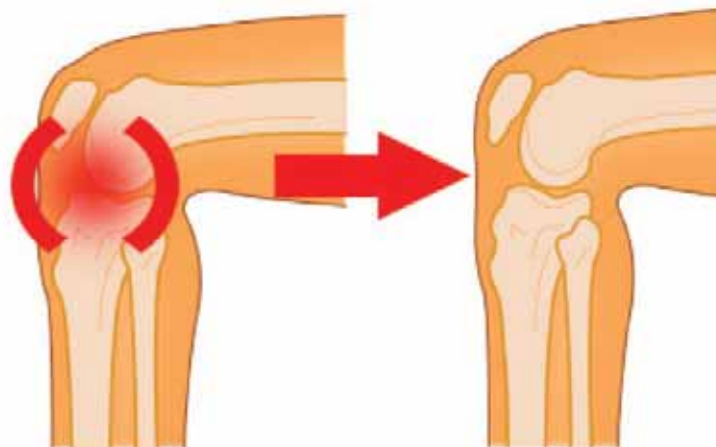
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, **NYC Pain MD** has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that **NYC Pain MD** offers.

If you do not, **NYC Pain MD** will tell you what they think your best options are and help



NYC Pain MD “Treatment Formula” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, **NYC Pain MD** offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, **NYC Pain MD** feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At **NYC Pain MD** your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed **NYC Pain MD** to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... **NYC Pain MD** would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com
877-296-6310

Migrants describe Mexican detention centers as Trump ratchets up pressure

Food and water have become scarce and detainees have access to limited health care.

Mexico's immigration centers are becoming increasingly squalid and

overcrowded as authorities step up the detention of migrants headed for the United States, with inmates languishing for weeks amid medical neglect, according to detainees, lawyers and rights groups.

Reuters spoke to

more than a dozen recent detainees at the Siglo XXI detention center, the country's largest. They described being held in the facility in Chiapas state on Mexico's southern border for long periods without information about their

cases.

The detainees reported severe overcrowding, sparse water and food, and limited health care.

Their accounts were supported by two lawyers representing 26 other inmates, as well as the migration om-

budsman at Mexico's National Human Rights Commission and reports from two migrant-rights groups: Fray Matias de Cordova and the Human Rights Observation Mission for the Refugee and Humanitarian Crisis in Southeast Mexico, a collective of 24 aid groups.

Twelve of the detainees told Reuters they were held for at least three weeks in the center, meant to hold people for a maximum of 15 days until their cases are processed.

Mexico's National Immigration Institute (INM), which runs Siglo XXI, did not respond to repeated requests for comment on conditions at the center.

Asked about the extended detentions, an INM official, who asked not to be identified, said migrant cases were complex and needed to be analyzed on an individual basis.

Guards at the gates of the center declined to answer questions or to allow a Reuters reporter to speak with its director.

DETENTION NUMBERS TRIPLE

President Donald Trump made a crackdown on illegal migration the flagship policy of his 2016 election campaign. Struggling to get the funds from Congress

to build a border wall, and with a significant uptick in Central Americans seeking asylum, he threatened trade tariffs unless Mexico plugged leaks south of the U.S. border.

In response, Mexico has increased detentions. During the first five months of this year, it has tripled the number of migrants it detained monthly to reach 23,679 in May, according to unpublished government data seen by Reuters.

That has strained its underfunded network of centers, which already had a reputation for poor conditions.

Foreigners stopped by Mexican authorities without valid documents can be held in detention while they await transit visas or regularization of their situation. Edgar Corzo, the migration ombudsman, said that process is meant to take no more than 15 days.

Thousands have passed this year through the gates of Siglo XXI, which Corzo and the migrant-rights groups said had been at or near double its 970-person capacity for months.

All the people spoken to for this story said detainees slept on thin mattresses or none at all in corridors and bathrooms because of lack of space in cells. REUTERS

CARING HAS A PLAN.

She has a name.
Her health plan
actually knows it.

SEE WHAT'S POSSIBLE
WHEN HEALTH CARE
GETS PERSONAL.



VILLAGECAREMAX

\$0 plan premiums*

up to **\$150**

monthly over-the-counter card

* Premium, co-pays, coinsurance and deductibles may vary based on the level of Extra Help you receive. Please contact plan for further details.

Are you getting the most
out of your Medicare plan?



Name/Nombre
JOHN L SMITH

Medicare Number/Número de Medicare
1EG4-TE5-MK72

Entitled to/Con derecho a

HOSPITAL (PART A)

MEDICAL (PART B)

Coverage starts/Cobertura empieza

03-01-2016

03-01-2016



villagecaremax.org

Call to enroll or make an in-person appointment

1-800-469-6292 (TTY 711)

8 am to 8 pm, 7 days a week

VillageCareMAX is an HMO plan with Medicare and New York State Medicaid contracts. Enrollment in VillageCareMAX depends on contract renewal. Service area includes the following counties: Bronx, Kings (Brooklyn), New York (Manhattan) and Queens. For accommodations of persons with special needs at meetings, call 1-800-469-6292 (TTY: 711). VillageCareMAX complies with Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-469-6292 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-800-469-6292 (TTY: 711)。

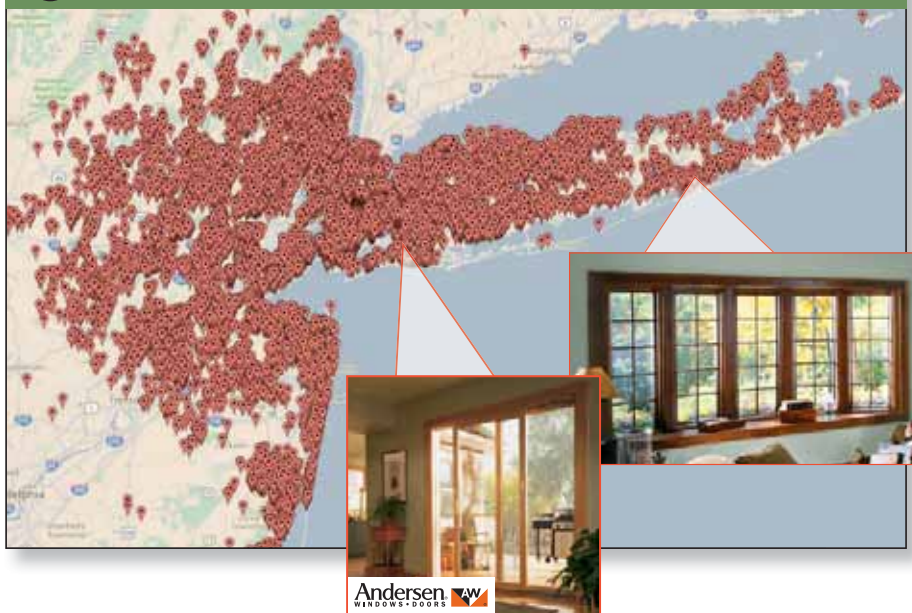
H2168_MKT19-14_M Accepted



REUTERS

● These 51,650 local homeowners chose our windows.

● = Our New York Metro Customers



Why have 51,650 New York Metro homeowners chosen us to replace their windows?

No pressure. During your Free Window and Patio Door Diagnosis, we'll give you an exact, down-to-the-penny price that's good for an entire year.

116 years of window expertise. Renewal by Andersen is the full-service replacement window division of Andersen, the window and door brand that your dad told you to trust.

No middleman to deal with. There's no runaround between the installer and the manufacturer because we handle it all, from custom-building to installing to warranting all our products.

We won't sell you vinyl. We've replaced thousands of poor-quality vinyl windows and patio doors, so we made our window's Fibrex® composite material two times stronger than vinyl.

Limited Time Only!

SAVE \$279
on every window¹

SAVE \$799
on every patio door¹

— plus —

NO NO NO
money down payments interest
for 1 year¹

Not to be combined with any other offer. Minimum purchase of 3 or more windows and/or patio doors required. Financing provided by third parties and is subject to credit requirements. Interest accrues during the promotional period but all interest is waived if the purchase amount is paid in full within 12 months.

**Make an appointment and
get a price that's good for
an entire year!**

**Renewal
by Andersen**
WINDOW REPLACEMENT an Andersen Company



**CERTIFIED
MASTER
INSTALLER**

**Call for your FREE Window
and Patio Door Diagnosis**

1-800-357-3815

¹Cannot be combined with prior purchases, other offers or coupons. Offer not available in all areas. Discount applied by retailer representative at time of contract execution and applies to minimum purchase of 3 or more windows and/or patio doors. No payments and deferred interest for 12 months available, subject to qualifying credit approval. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Interest accrues but is waived if the purchase amount is paid in full within 12 months. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Financing not valid with other offers or prior purchases. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. All financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, which are subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. **NJ Consumer Affairs License #: 13VH01541700. NYC Consumer Affairs License #: 1244514. Nassau Consumer Affairs License #: H0810150000. Suffolk Consumer Affairs License #: 43991-H. NY 1307704. Rockland County License #: H-11942-07-00-00. Renewal by Andersen of Central/Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area.** "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2019 Andersen Corporation. All rights reserved. ©2019 Lead Surge LLC. All rights reserved.

YOUR LEGS DON'T HAVE TO SUFFER!



- ▣ VARICOSE VEINS
- ▣ SPIDER VEINS
- ▣ LEG ULCERS
- ▣ LEG SWELLING
- ▣ BURNING
- ▣ ITCHING
- ▣ RESTLESSNESS

Personal & discrete care
delivered directly
by Ronald Lev, MD

Certified by the American
Board of Venous and Lymphatic
Medicine

We Accept Most Health
Insurances including Medicare

Minimally invasive procedures

CALL TODAY!
212.204.6501



111 John St, Ste 1450
(bet Cliff & Pearl St)
New York, NY 10038

369 Lexington Ave, Ste 18 A
(bet 40th & 41st St)
New York, NY 10016

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM



The purported wreckage of the American drone is seen displayed by the Islamic Revolution Guards Corps (IRGC) in Tehran, Iran. **REUTERS**

Iran warns of risk of conflict, Trump sees scope for deal

The president told "Meet the Press" he's "not looking for war."

President Donald Trump said on Sunday he was not seeking war with Tehran after a senior Iranian military commander warned any conflict in the Gulf region could spread uncontrollably and threaten the lives of U.S. troops.

Tensions remain high between longtime foes Iran and the United States after Trump said on Friday that he called off a military strike to retaliate for Iran's downing of an unmanned U.S. drone out of concern it would have been a disproportionate response.

"I'm not looking for war," Trump said on NBC's "Meet the Press" program.

Secretary of State Mike Pompeo repeated to reporters on Sunday that Washington was prepared to negotiate with Tehran with no preconditions.

"They know precisely where to find us," said Pompeo, who was traveling to Saudi Arabia and the United Arab Emirates to "ensure we're strategically aligned" with those countries, which are regional rivals of Iran.

Trump has said he will impose further sanctions on Iran beginning on Monday, but has also indicated

that he would be prepared to seek a deal to bolster its flagging economy, an apparent move to defuse tensions.

"I think they want to negotiate. And I think they want to make a deal. And my deal is nuclear. Look, they're not going to have a nuclear weapon," he added.

"I don't think they like the position they're in. Their economy is, is absolutely broken."

Iran played down the impact of any new U.S. sanctions. They were "just propaganda, as all sanctions ... have been imposed and there are no more sanctions left," state-run news agency IRIB quoted Foreign Ministry spokesman Abbas Mousavi as saying.

Iran denies seeking nuclear weapons and refers to a fatwa or religious decree issued in the early 2000s by Iran's top authority Ayatollah Ali Khamenei that bans the development or use of nuclear weapons.

Last year Trump withdrew the United States from a 2015 accord between Iran and world powers that curbed Tehran's nuclear program in exchange for easing sanctions. Relations in the region have worsened significantly since then.

DIPLOMACY

Diplomatic efforts are underway to ease tensions following attacks on oil tankers in the Gulf in recent weeks that the United States blames on Iran and the shooting down of the American drone last week.

Andrew Murrison, Britain's minister for the Middle East and North Africa, said on Sunday that he had "open, frank and constructive" talks with Iranian government representatives in Tehran.

"I reiterated the U.K.'s assessment that Iran almost certainly bears responsibility for recent attacks on tankers in the Gulf of Oman," and called for such activity to stop, Murrison said.

A senior adviser to Khamenei said Iran may scale back compliance with its nuclear deal soon unless European countries shield it from U.S. sanctions through a trade mechanism.

"If Europeans don't take measures within the 60-day deadline, we will take new steps," the semi-official ISNA news agency quoted the official, Kamal Kharazi, as saying. Tehran announced a deadline of 60 days in May. **REUTERS**

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain.

And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

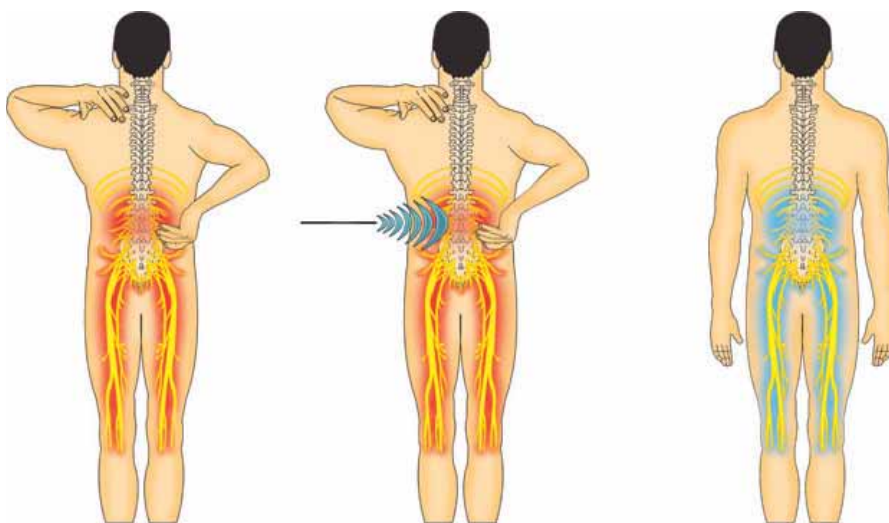
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is - another procedure can be safely performed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

NYC PAIN MD
Non Surgical Medical Relief For Spine & Joint Pain

877-907-2934

Annual Mermaid Parade held

All the glitz and glamour of Saturday's parade.



LENYON WHITAKER
lenyon.whitaker@metro.us

Saturday's Mermaid Parade once again celebrated "ancient mythology and honky-tonk rituals" of mermaids and the seaside, according to the parade's

official website. The famous Coney Island parade not only celebrates mermaids and mermen, but also the summer solstice.

According to the official parade website, this year's Mermaid Parade showcased more than 3,000 participants as Coney Island was transformed into a big party to celebrate art, creativity and self-expression.



VOTE
FOR THE CITY YOU WANT.

VOTE FOR QUEENS DISTRICT ATTORNEY ON JUNE 25

Make *your* voice heard.
Read the Voter Guide at [voting.nyc](https://www.voting.nyc.gov)

#NYCVOTES



NYSPH IRB Approved
22/21/2018 - P 02/2/2019

DO YOU HAVE A DRINKING PROBLEM?

- Looking for individuals, ages **22- 50** who have trouble with alcohol to participate in a 4-week research study at the New York State Psychiatric Institute, evaluating the relationship between brain stimulation and alcohol use.
- Stay in the hospital and earn up to \$2,610, depending on how many days you complete in the hospital.

CALL 646-774-7774 for more information!



at Coney Island



GETTY IMAGES



DEMOCRACY STARTS WITH YOU.

VOTE IN THE PRIMARY ELECTION
ON TUESDAY, JUNE 25.



POLLING LOCATIONS WILL BE
OPEN FROM 6:00 AM – 9:00 PM

Call 311 or visit www.voting.nyc to check your voter
registration status, find your polling location, or for
more information on voting!

DEMOCRACYNYC
YOUR VOICE, YOUR POWER

NYC
Office of the Mayor

QUALITY DENTURES THE SAME DAY

NY's Place for same day dentures for over 40 years.

Smile with Confidence



\$100 off*
each
NEW
denture!
EXP: 7/15/19

NEW PATIENT PACKAGE

MAINTENANCE
CLEANING
DIGITAL X-RAYS

\$89

With This ad only. One per patient.
First visit only. Coupon expires 7/15/19
*some restrictions may apply

NEW PATIENTS Only

ONE
DENTURE
RELINE

\$194

With This ad only. One per patient.
First visit only. Coupon expires 7/15/19
*some restrictions may apply

FREE CONSULTATION

**DENTURE REPAIRS AND
RELINES WHILE-U-WAIT!**

MOST INSURANCE PLANS WELCOME

SENIOR Cit. Discounts* on new dentures and crowns

Full Service State of-the Art Cosmetic Dentistry



224 West 35th St., New York, NY

16th Floor (between 7th and 8th Avenues)

Call Now! 212-689-0024 • www.denturecenter.com

*Cannot be combined with other offers *not to be combined*



the GRUMBLE

sudoku

MEDIUM

	6	1	5			8		
5			6	7				
2	7			9	8		5	
7	9		2		3		1	
				4				
	8		7		5		4	2
	2		3	6			7	4
				5	9			3
		5			7	1	6	

HARD

		7		3				8
		5			7			
	6	3			9	4		1
7							4	
	3		9		5		8	
	1							6
6		1	4			2	9	
			6			8		
9				5		7		

VENT TO US! GRUMBLE@METRO.US

READER WRITE-INS:

GRRRRRR...

Something that really grinds my gears is when office mates or co-workers or even roommates leave empty food containers in the fridge. If you finish the milk, please just throw it out. If you're in an office and something needs to be refilled, please let the floor manager know. Most of the time these sorts of things take minimal effort and it's crazy how people still can't just do it.

— Molly S., Metro US reader



ISTOCK

metro.us/horoscopes



Aries Go over your options and consider what's in your best interest. If change is what you want, make sure your motives are based on more than your desire to make a point.



Libra There is much going on that you aren't aware of. Before you make a decision, find out how others feel about your concerns and plans.



Taurus Home and self-improvements are featured. Promote positive change and cost-efficient options. Get approval before you begin certain projects.



Scorpio Participate in something you believe in. Your intuition will help you find a robust solution. If you use your power of persuasion, you'll have an impact on the changes that take place.



Gemini Keep tabs on what others are doing or saying. Someone may try to undermine you or take credit for something you did. Stay in the loop to avoid being left out.



Sagittarius You'll be deprived of the recognition you want. Keep a low profile and stay out of the line of fire. This is not the time to exaggerate or be misleading.



Cancer Update your resume or look for options that will allow you to use your skills creatively. Take hold of your life and nurture important relationships.



Capricorn You will be anxious to get on with your plans. Your vision will inspire others to contribute, turning your idea into a bigger and better project than you anticipated. A partnership looks promising.



Leo Take a look at what's going on around you before you start something new. Being aware of what others want will help you avoid an unexpected and unwanted reaction.



Aquarius Deal with issues that concern home, family or health. How you handle your time and money will affect the way others react to the choices you make.



Virgo Positive change can be made. Call in help for a difficult domestic or personal situation. Stay positive and push forward.



Pisces Refuse to let an emotional incident lead you astray. Too much of anything will be counterproductive. Focus on what's doable and what has the potential to make a difference. EUGENIA LAST

LATIN KARAOKE

Ladies NIGHT

Weekend KICKOFF

TRIBUTES

BAR 360

FREE Live ENTERTAINMENT

rwnewyork.com/entertainment

Resorts World CASINO

NEW YORK CITY

LIFESTYLE



ALL PHOTOS ISTOCK

HBO's 'Chernobyl' gets mixed reviews from disaster's survivors

The show is receiving backlash.

Critics and viewers on both sides of the Atlantic have lined up to acclaim "Chernobyl," a dramatization of events surrounding the world's worst nuclear accident — but the reactions of some of the survivors are less rose-tinted.

Sergii Parashyn, the then-chairman of the Chernobyl Nuclear Power Plant's Communist Party Committee, said the HBO miniseries, screened this spring in the United States and Britain, depicts the initial disbelief at the scale of the disaster well.

"I did not understand what was happening until dawn, until I saw with my own eyes that everything was destroyed," he told journalists in the command bunker that was used as a crisis center after the explosion on April 26, 1986.

The fourth reactor in the Soviet plant north of Kiev exploded during a botched safety test, releasing more radiation into the Earth's atmosphere than any other

man-made event in history.

The accident killed 31 within weeks and forced tens of thousands to flee. The final toll of those killed by radiation-related illnesses such as cancer is subject to debate, and estimated by the World Health Organization to be in the thousands.

The series blames the excessive bureaucracy and secrecy of the Soviet Union, and Parashyn said there were flaws in the way it depicts the plant's workers, in particular its management.

Chernobyl's Deputy Chief Engineer Anatoliy Dyatlov, interpreted by English actor Paul Ritter as tyrannical and arrogant, "did not behave as terribly with people as the show portrays," Parashyn said.

"He was harsh, yes, everyone obeyed him unquestioningly. But he was fair."

Parashyn, appointed as the plant's director from 1994 to 1998 and later chief of the 30-kilometer (19-mile) exclusion zone that surrounds it, said Viktor Bryukhanov, the man then in charge,



was also inaccurately depicted.

"Bryukhanov is a composed, calm, intelligent man, who never denied his responsibility," he said.

This view is backed by Oleksiy Breus, the senior engineer of the fourth reactor in 1986, who arrived as part of the 8 a.m. shift change on April 26.

"The plant workers are shown as though they are scared of everything. This does not reflect reality," Breus

insisted. "In reality, they were quite decisive, very decisive. Not one of the operators fled after the explosion."

However, he praised the portrayal of Chernobyl as a global, rather than a regional, catastrophe.

At 9.6 (out of 10), the highest-rated TV series of all time on the IMDb website, the show also has caused a surge in visitor numbers to the plant and the nearby ghost town of Prip'yat.

Tour guide Sergii Myrnyi believes that the show, the final episode of which aired June 3, was wrong to portray the events in 1986 only as a tragedy, calling Chernobyl "the story of global learning ... and eventually the story of victory."

Its creator, Craig Mazin, said deviations from the historical record were undertaken in good faith.

"There's a difference between the perfect way of doing something in

terms of historical accuracy, and the perfect way of doing something so that people will watch it and appreciate what matters. You can't have both, at least in that format," he told Vice magazine in an interview this month.

Chernobyl Tour invited Parashyn, Breus and Myrnyi to the official launch of the agency's new tour, which takes visitors around locations depicted in the series. **REUTERS**

BOLLARDS REQUEST FOR PROPOSAL

A nonprofit organization in New York City is seeking sealed bids for sale and installation of security bollards. The project includes the purchase and installation of approximately 100 bollards. Selection criteria will be based on knowledge of similar projects, adherence to work schedule, prior experience, references, and cost. Specifications and bid requirements can be obtained by contacting us at bollardsrfp@gmail.com.

All interested firms will be required to sign for the proposal documents and provide primary contact name, telephone number and email address.

Print / Display / Native /
Programmatic?

Yeah, we've got that.

metromedia.us



'Those who do covers of Toto are nothing foolish' **BOBBY KIMBALL**

Metro chatted with the legendary singer best known as the original and longtime frontman of the rock band Toto.

JOSE BARRETO,
MWN
letters@metro.us

Your voice is one of the most iconic and recognizable within the rock scene.

I started singing when I was 5 years old. And the tone of my voice has not changed much since then [laughs]. I love to sing in high tonalities, and that's why I love to sing the songs of Toto. I have so much fun that I've scheduled quite a few concerts this year. You would not believe it!

Do you take special care of your voice?
No alcohol, no drugs, no

"I love to sing in high tonalities, and that's why I love to sing the songs of Toto. I have so much fun that I've scheduled quite a few concerts this year. You would not believe it!"

cigarettes, many liters of water a day and rest. That keeps my voice in shape and in high tonalities.

Recently, the band Weezer released a cover of Toto's "Africa." Rapper Pitbull did the same. Have you heard them?

I have not heard those covers, but throughout my career I've known hundreds of bands and even well-known orchestras who have done it. Those who do covers of Toto are nothing foolish, because they

know they will have an immediate success.

Those songs became a classic. If you could pick just one, which is your favorite Toto album?

"Toto IV." We recorded it in 1981 and released in 1982. We did a one-year tour around the world, and when we got back to Los Angeles they called us from the Grammys and they informed us that the album had eight nominations. We won six of them. It did not feel so bad [laughs].

Knee Arthritis Pain?

10 Year Medical Study Reveals Knee Replacement Avoided With Newest Medical Treatment In 3 of 4 Cases

If you suffer with painful knee arthritis – science may have finally found the answer you've been looking for.

Here's why: What should be looked at as a landmark and startling study by the medical world, research published by a noted Orthopedic Surgeon in the Journal Of Knee Surgery revealed that 75% of those with Grade IV (often called "bone on bone") knee arthritis were able to avoid the surgery more than 7 years and beyond.

When doctors accurately placed FDA approved lubricating medicines using advanced imaging into almost 2000 arthritic knees (like putting oil on a rusty door hinge or automobile engine) the majority of patients actually responded well enough to avoid major and complex knee replacement surgery. But, the

procedure needs to be done by experienced doctors using the best technology for optimum technique and results.

Know this: This is an FDA-cleared REAL medical treatment that must be given by a skilled professional.

These special treatments are now available right here in NYC for Tri-State area arthritis sufferers. And many insurances, even Medicare, cover these treatments for qualified patients.

More Good News: NYC Pain MD, the NYC area's "go to" medical group for non-surgical arthritis pain management is now offering these simple, in-office treatment programs and offers a No-Cost, No-Obligation screening appointment to find out if you qualify. To speak with a scheduling coordinator about a screening appointment, just call 877-228-5490.



A pair of figure-hugging, shiny black high-waisted pants worn by Olivia Newton-John in the finale of the film "Grease."
HANDOUT VIA REUTERS

It's the one you want

Olivia Newton-John's "Grease" costume is up for auction.

Olivia Newton-John is putting the black leather jacket and tight pants that she wore in the final number of "Grease" up for auction to help raise money for her cancer treatment center in Australia.

Julien's Auctions said on Wednesday the iconic outfit that marked her character's transition from demure high schooler to sexy Sandy Olson in the 1978 movie musical is one of 200 items that Newton-John is selling in November.

The jacket and pants are being sold separately but together are expected to fetch up to \$200,000, the auction house said.

"Grease," a high school romance set in

the 1950s, became a global box office smash and sent the careers of both Newton-John and co-star John Travolta soaring.

The singer, who announced in 2017 that the breast cancer she first suffered in 1992 had returned and spread to her lower back, wore the leather jacket and high-waisted black pants for the final scene in "Grease," in which the actors perform the duet "You're the One That I Want."

Newton-John, 70, is selling her original script from the film, estimated at up to \$4,000; the pink gown she wore to the "Grease" premiere in Los Angeles (estimated at \$3,000-\$5,000); and a custom Pink Ladies jacket given to her by the "Grease" cast and crew.


The British-born and Australian-raised sing-

er and actress is also auctioning two of the outfits she wore while promoting her 1981 "Physical" album and tour, along with several costumes from her 1980 film "Xanadu."


Earlier this year, while promoting her best-selling memoir, Newton-John said she spent her 70th birthday undergoing radiation treatment at the Olivia Newton-John Cancer Wellness and Research Centre in Melbourne, Australia, because of a cancer-induced pelvic fracture.

A portion of the auction proceeds will go to fund the research center, Julien's said.

The auction will be held in Beverly Hills on Nov. 1-2, and will be preceded by public exhibits at the Museum of Style Icons in Ireland, and in Beverly Hills. **REUTERS**



SUSTAINABILITY TODAY
#BrilliantKnowLEDge Symposium



FEATURING CON EDISON
GRAND HYATT HOTEL
JULY 18, 2019
9 A.M. - 3 P.M.

Make your building more energy efficient and comply with the new NYC Building Emissions Law (LL97). Big Shine Energy is bringing industry leaders to discuss steps to take and inventive programs that can help you offset the cost of converting to energy-efficient LED lighting.

BigShineEnergy.com
RSVP: sustainability-today.eventbrite.com

metro Sweepstakes



You could win a family vacation for four to

MIAMI, FLORIDA!

A \$4,500 VALUE

Enter for a chance to win at metro.us/winstuff

- A three-night stay at The Palms Hotel & Spa
- Four tickets to Jungle Island
- Round-trip coach class air transportation for four
- A four-day full-size rental car



VISIT **FLORIDA**



ENTER BY JUNE 30, 2019

Looking for a vacation with memories you'll keep forever?
Then find your way to 825 miles of beaches, world famous theme parks, natural wonders and more. Enter today at metro.us/winstuff

HAVE YOU

Assisted in cleaning up your boss's messes?

Assisted in caring for the needy or homeless?

Assisted in mediating conflict among friends or family members?

Learn more about

EXPERIENTIAL LEARNING CREDIT

at Medgar Evers College, CUNY.

It may even cost you nothing.
(Excelsior Scholarship)

For more information:

<https://ares.mec.cuny.edu/admissions>

718.270.4987



Want to **grow** your business?

We know how.



metro media.us

FREE 15-week job training program for women First Step Program



Computer Training: Microsoft Word, Excel, PowerPoint, Outlook, G-Suite
Professional Development Workshops • Resume Writing • Interviewing
Self-Esteem Building • Mentoring • Holistic Support
2 Month Internship • Job Placement Assistance

GED not required • HRA Approved • MetroCards Provided

For more information, please call (212) 776-2074

www.coalitionforthehomeless.org/first-step



16 metro

EDUCATION



Things you are doing wrong that affect your heart

Pay attention to those habits that are causing a negative impact on this organ.

MONICA GARZON, MWN
letters@metro.us

When we think of heart disease, we immediately think of cholesterol and a sedentary lifestyle as its main causes, as well as bad habits, such as not exercising or not taking care of our health, being overweight or having high blood pressure. All these are, perhaps, the most known factors that increase the risk of heart disease, but there are others that are also closely linked.

For example, heart attacks are considered a common problem among men. But this is the most frequent cause of death for men as well as for women, according

to the Mayo Clinic, although the symptoms in women may be different.

In an interview with Metro, U.S.-based Mayo Clinic doctor Hector Villarraga tells us about the lesser-known factors that are very harmful.

Is heart disease something that only seniors should worry about?

No, definitely from a young age one has to start having a good lifestyle, so that when we get older we do not suffer from relevant problems, not only with the heart but all organs. We must eat healthy, exercise, include in our diet plenty of fruits and vegetables starting at childhood, and that will help when we reach an advanced age in lowering the risks of heart disease.

Does cholesterol begin to accumulate at an early age, or do we just have to worry about it when we hit 30?

We begin to make atherosclerosis plaque forms (a disease in which plaque is deposited inside the arteries) from the day we are born, so we must take care of ourselves from a very young age. Returning to what I mentioned earlier, healthy lifestyle is key: exercise, fruits and vegetables. All this causes organ damage to slow down when developing plaque. Statistically we are exposed to suffering from a heart attack, cancer or stroke, but if you have been healthy, your entire life, you can

reduce the risk and if it happens, recovery is much faster.

What to do to reduce the risk of heart disease?

The most practical thing would be to walk 10,000 steps a day, at least five times a week. You can count it or not, but if you walk seven to eight kilometers a day and eat healthily, you are already reducing cardiovascular damage. Decrease the amount of food that has a lot of cholesterol, fried foods and fat, because this is what accumulates plaque and cholesterol.

What is a healthy weight?

The following formula can show what can be considered a healthy weight. More or less the rule is: height (here, in meters), minus 100, minus 10 percent and that should be the weight in kilograms. It can vary if the body type is thicker or thinner, but usually this is the equation. So, someone who's 1.70 meters should ideally weigh 63 kilograms.

Is walking better than running, or is intensive exercise required to maintain a healthy heart?

The most important thing is to be disciplined, because if we jog one day a week or two and we stop doing it, it will not work. It is advisable to choose an exercise that you like and incorporate it into your routine so that

you can comply and do it every week, in a systematic way. Walking is the minimum I ask of a patient, walking 30 minutes a day at a fast pace — such that one feels fatigued when trying to speak — and repeating that at least five times a week.

What are the factors that stress the heart?

The most important risk factors for cardiovascular diseases are: smoking, diabetes, hypertension, high cholesterol, family history in the first degree of consanguinity in people under 60, and being overweight.

What are the best and worst foods for the heart?

All foods are valuable to the body. What's important are the quantities. I give a rule to my patients: From a circular plate, two-thirds should be fruits and vegetables. Then, make a fist with your hand and that is the amount of carbohydrates that you should consume. And the amount of protein should equal the thickness of your hand — that would be the amount of chicken, turkey or fish that you consume. Try to eat less beef and pork, maximum twice a month. Grains are an excellent source of protein and have no cholesterol. Eating beans, chickpeas or lentils combined with rice is excellent and has all the essential proteins that the body needs.



IT'S NOT TOO



APPLY TODAY
cuny.edu/fallsemester

SPORTS



The U.S. women's national team swept through Thailand, Chile and Sweden during the group stage. GETTY IMAGES

USWNT meets Spain in knockout stage today

A rising Spain side is the United States' test in the round of 16 at the Women's World Cup.

JOE PANTORNO
joseph.pantorno@metro.us

The stakes are about to rise.

After rolling through Group F, the United States women's national team faces Spain in the round of 16 at the 2019 FIFA Women's World Cup today.

After the group stage eliminated eight teams, the round of 16 commences the knockout stage which is a single-elimination format. One loss and your hopes at the World Cup are dashed.

The U.S. has a limited history with Spain, playing them only once before. That came on Jan. 22, in a friendly which the U.S. won, 1-0.

Here are three things

to watch for as the United States plays for a spot in the quarterfinals:

DECISIONS, DECISIONS

The U.S. lived up to its billing as the most powerful women's soccer team on the planet, setting records throughout the group stage while dominating its opponents.

In three games, the Americans posted 18 goals — including a record 13-0 beatdown over Thailand in the competition's opener. The historic effort was followed up by a 3-0 win over Chile and a 2-0 triumph over a Sweden team that was the largest threat in the group.

The goal-fest that was the group stage further confirmed the United States' embarrassment of riches up front.

A stacked set of forwards features six world-class talents in Alex Morgan, Tobin Heath, Carli Lloyd, Megan Rapinoe, Christen Press and Mallory Pugh.

Morgan is tied for the tournament lead with five goals, all of them coming against Thailand.

Playing a 4-3-3 scheme, the depth of talent poses quite a challenge for manager Jill Ellis as she can only pick half of that list to start. Putting its top lineup against Sweden on Thursday, she started Morgan, Heath and Rapinoe to start the game.

Heath provided the game's second and final goal, but Morgan and Rapinoe were given problems by the defensive-minded Swedes.

It forced Ellis to substitute Lloyd, Heath and Press in the second half to try and vary the Americans' attack.

If the lack of execution against Sweden isn't sitting well with Ellis — or if Morgan isn't 100 percent healthy after picking up a knock — look for her to mix

and match the front line.

THE ERTZ FACTOR

A hip injury forced Julie Ertz to miss the Group F finale against Sweden and her absence was felt.

Ertz has carved her niche as a versatile defensive presence for the Americans, playing as both a center back and holding midfielder.

She's also developed into an overwhelming threat on set pieces, as seen with her impressive header of a goal off a free kick against Chile.

With Ertz unavailable, Ellis was forced to play Lindsey Horan as the holding midfielder while Becky Sauerbrunn and Abby Dahlkemper continued their roles at center back.

Alongside Crystal Dunn and Kelley O'Hara, the back line of the U.S.

did look shaky at times against Sweden, who generated its offensive chances via the counterattack. It was that same tactic that eliminated the United States in the quarterfinals of the 2016 Summer Olympics, providing a blueprint for the rest of the world on how to beat the Americans.

Expect Spain to replicate that style of play. With a talented set of young stars, Ertz's presence will be vital to stymie the underdogs.

THE GREAT HERMOSO

If there is one name that the Americans must keep an eye on, it's Spain's star striker Jennifer Hermoso.

The 29-year-old, who plays her club soccer at Atletico Madrid, has been the heartbeat of La Roja for the majority of the World Cup schedule. During European

qualifying, she recorded seven goals before tallying two during Spain's World Cup opener against South Africa earlier this month.

It's upped her impressive record for Spain to 30 goals in 71 caps.

She is going to be the main target of Spain's counter-attack as defenders

will bomb the ball toward her to alleviate pressure put on by the Americans. Given Hermoso's strength and deadly ability within the final third, the United States' defense will be facing its most gifted striker of the tournament yet.



USA vs. SPAIN
ROUND OF 16
TODAY, NOON ET, FOX



Anders Lee officially becomes an unrestricted free agent on July 1. GETTY IMAGES

Isles could lose another captain

The Islanders and captain Anders Lee have yet to agree on a new contract.

JOE PANTORNO
joseph.pantorno@metro.us

With each passing moment, the New York Islanders are drawing closer toward losing a captain for the second consecutive year.

Veteran winger Anders Lee hit the NHL's free-agency interview period unsigned on Sunday, meaning he can field calls from other teams around the league.

Lee will become an unrestricted free agent on July 1, at which point he can sign with whichever team he pleases.

The 27-year-old was named Islanders captain just before the 2018-19 season, after John Tavares so famously shunned New York to sign with the Toronto Maple Leafs.

While Tavares was cryptic and, at times, misleading throughout the time leading up to his free agency, Lee has been open.

"This was never an

intention," he said, per Brian Compton at NHL.com. "There hasn't been an agenda or anything like that. I guess that's where we're at. We're right there, so it's just part of the process, I guess."

Lee was not expected to make it this far into the offseason unsigned. He has become one of the faces of the franchise, averaging 34 goals per season since the start of 2016-17.

While his goal output decreased to 28 under the new defensive structure that came with Barry Trotz, Lee is still one of the game's better power forwards.

But Islanders president and general manager Lou Lamoriello kicked off the offseason by securing Brock Nelson and Jordan Eberle instead, leaving Lee on the verge of leaving.

Per multiple reports, the Islanders and Lee remain split on the length of his contract as management seems hesitant to give him a seven- or eight-year deal.

Lee can sign a max eight-year deal with only the Islanders. Other teams can sign him to seven years at most.

Interest is expected to be sky-high for Lee if he does hit the open market.

"I didn't think we'd get to this point. I haven't enjoyed it, but it is what it is," Lee said. "We want to make sure that everything is done right and it's right for both of us, for both sides. I hope it works out. They're working on it right now."

Lee isn't the only big-name Islanders player that could be busy during the league's free-agency interview period.

No. 1 goaltender Robin Lehner has also yet to secure a deal with the Islanders after his magical 2018-19 season.

After no one gave him a chance due to off-ice issues, the Islanders took a flyer on Lehner, inking him to a one-year deal.

He became the biggest bargain in the league, posting a .930 save percentage and a 2.13 goals-against average on his way to winning the Masterton Trophy as the player that best exemplifies perseverance, sportsmanship and dedication to the game.

SUFFERING FROM ERECTILE DYSFUNCTION OR PERFORMANCE ISSUES?

REGARDLESS OF YOUR AGE,
THE ACOUSTIC WAVE THERAPY AT
MANHATTAN MEDICAL ASSOCIATES CAN HELP



Enhance Your Sexual Performance and
Be Ready for Whatever May Come Your Way!

Manhattan Medical Associates is the *optimal*
choice for **BETTER** sexual performance at any age.

Have Viagra® and Cialis® let you down? Think your best days are behind you? If you suffer from any type of Erectile Dysfunction, regardless of your age or medical history, the doctors at Manhattan Medical Associates can help you.

We have a breakthrough, specialized male performance treatment that utilizes the latest medical technology and protocols on the market today.

We specialize in GAINSWave™ Therapy for men's optimal erectile performance. Let our professional and caring staff help change your life, restore your vitality, boost your confidence, and improve your sexual performance.

THE BENEFITS OF OUR PROVEN TREATMENT INCLUDE:

- No Needles
- No Drugs
- No Surgery
- Long Lasting Results

**GET ONE STEP
CLOSER TO
BETTER SEXUAL
PERFORMANCE**

SCHEDULE A VISIT TO LEARN MORE
ABOUT THIS NEW TREATMENT.

CALL: 212-336-3827



MANHATTAN
MEDICAL
ASSOCIATES



www.ManhattanMedicalAssociates.com
161 Madison Avenue 6th Floor New York, NY 10016

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us



Are you HIV+ and experiencing discomfort related to Peripheral Neuropathy?

You May Be ELIGIBLE To Participate If You Are:

- HIV+/AIDS
- Experiencing pain, numbness, aching, burning, or "pins and needles" sensation in the lower legs and/or feet for 2 months or greater
- 18 years of age or older

The study involves testing the use of Acupuncture/Moxibustion, a traditional Chinese medicine therapy for the relief of lower extremity neuropathy in persons with HIV/AIDS.

As a participant, you will be asked to attend one baseline session, 12 Acupuncture/Moxibustion sessions and three follow-up sessions, maintain a symptom diary and complete questionnaires.

There is no medication given as part of this study.

Compensation: You will be compensated for your time. If you attend all your sessions, you will receive a total of \$220. You will also receive a round trip Metrocard at the end of each session to cover your travel expenses.

For More Information
Call: (212) 365-0346



NEW YORK UNIVERSITY

RESEARCH VOLUNTEERS



Healthy **OPIOID** users who drink **ALCOHOL** regularly are needed for an inpatient **STUDY** at the Columbia University Medical Center. Earn approximately \$5700.

Call **646-774-6243**

Columbia University Medical Center | New York State Psychiatric Institute

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT:
QUEENS COUNTY, U.S.
BANK TRUST, N.A., AS
TRUSTEE FOR LSF9 MASTER
PARTICIPATION TRUST, Pltff.
vs. ANJANIE RAMLACKAN, et
al, Defts. Index #713260/2017.
Pursuant to judgment of
foreclosure and sale entered
Feb. 5, 2019, I will sell at public
auction in Courtroom #25 of the
Queens County Supreme Court,
88-11 Sutphin Blvd., Jamaica,
NY on Friday, July 26, 2019 at
10:00 a.m., prem. k/ 182-16
144th Avenue, Springfield
Gardens, NY a/k/a Block 13093
Lot 17. Said property located
at a point on the southerly side
of 144th Avenue, distant 80 ft.
easterly from the corner formed
by the intersection of the said
southerly side of 144th Avenue
with the easterly side of 182nd
Place; being a plot 40 ft. x 100 ft.
Approx. amt. of judgment is
\$976,275.05 plus costs and
interest. Sold subject to terms
and conditions of filed judgment
and terms of sale. For sale
information, please visit
Auction.com at www.Auction.com
or call (800) 280-2832.
PETER TOMMASO, Referee.
COHN & ROTH, Attys. for Pltff.,
100 East Old Country Road,
Ste. 28, Mineola, NY. #97112

Are you a caregiver or
healthy adult looking
to help further the
research on cognitive
impairment and
Alzheimer's disease?

Participate in a new research study:

- Eligible participants are healthy adults, aged 60-85 years
- Help us assess new ways of testing memory and attention
- Receive a free research MRI scan
- May receive monetary compensation for your time

If interested, please call: **646-774-8635**

COLUMBIA UNIVERSITY
MEDICAL CENTER
Discover. Educate. Care. Lead.

THE STUDY IS CONDUCTED AT THE NEW YORK STATE
PSYCHIATRIC INSTITUTE/COLUMBIA UNIVERSITY MEDICAL
CENTER AND IS FUNDED BY THE NATIONAL INSTITUTE ON AGING.

COLUMBIA UNIVERSITY
MEDICAL CENTER

NEW YORK STATE
PSYCHIATRIC INSTITUTE

NYSPI IRB Approved
7/20
6/6/2019 -> 8/5/2019

Do you have hearing loss? Are you feeling down or isolated?

Study looking at the relationship between **hearing loss**
and **depression** seeking participants ages **60+** with:

- Moderate to severe hearing loss
- Low mood or feelings of isolation

If you qualify, you may receive:

- Comprehensive cognitive testing
- Free hearing aids
- Depression treatment
- Travel compensation



If interested, please call the Clinic for Aging, Anxiety, and Mood Disorders at
646-774-8672

This study is being conducted at NYSPI/ Columbia University Irving Medical Center

CAREER TRAINING

HIGH SCHOOL DIPLOMA

If you're 18 or older you can complete
your high school education at home
right now in as few as 2 months

212-967-7010

469 7th Ave, 7th Floor
(Btwn 35th & 36th Street)
Liberty High School Vt.

PEST CONTROL SCHOOL & SERVICES

6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION
& RECERTIFICATION IN BED BUGS, TERMITES,
STRUCTURAL, FOOD PROCESSING & LANDSCAPING

BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS

20% off when you mention Metro

1(800) 220-5494

pestcontrolschoolny.com | pestmanagementsciences@yahoo.com
Call or Text #917.653.0319

CAREER TRAINING



JOBS
We Train & Place!
Call: **718-263-0750**

- PCT • HHA • CNA
- Med. Billing & Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech

- Business Analyst/QA
- Media concepts:
Audio • Video
- Solar Tech
- SAP

US Vets
Call
Now

FREE TRAINING IF QUALIFIED

Students Visas @ Low Cost

On Queens Blvd Next to E/F Train Q10 Bus 802 Kew Gardens Rd, Kew Gardens, NY

WWW.ACCESSQUEENS.COM

Big Discount on OSHA

10-Hour OSHA: \$80.00

30-Hour OSHA: \$230.00

Security Guard Training: \$145

Visit website
to see more Training

Tribune Training Academy Inc.
29-28 41st Ave, LIC, NY 11101

(718) 790-2664

www.tribunest.com

ITEMS WANTED

Absolute Yes! SAME DAY

!CASH PAID!

One Touch Ultra, 100, Freestyle Lite 100,
Contour 100, Contour Next 100, Accu Check 100

888-415-0796 instant!
for Diabetic Test Strips

224 w 116 st, B, C, 2, 3 trains
NEW TH, 2-6:30 / M-F, 2-4PM

REAL ESTATE

Rooms for Rent

All Manhattan/Bronx



Furnished Rooms For Rent!
Cable/Internet Ready! Move
In Today! All utilities Inc.
Starting Just \$150/wk.
Call Us Now: (212) 368-2685

100's Available, All Boroughs



Rooms: \$150 week/up
Studios: \$900 month/up
212-210-9206

NOTICE OF FORMATION

of Bei Yuan Men LLC. Articles
of Org. filed with the Secy. of
State of New York (SSNY) on
05/20/2019. Office location:
New York County. SSNY is
designated as agent of LLC
upon whom process against
it may be served. SSNY shall
mail process to the LLC c/o
96 8th Avenue, New York, NY
10011. Purpose: Any lawful
activity.

NOTICE IS HEREBY GIVEN
that a license, Number 1318763,
for On Premise Liquor has been
applied for by the undersigned
to sell Liquor, Wine, Beer & Cider
at retail in a Bar/Tavern under the
Alcoholic Beverage Control Law
at 54-19 Myrtle Ave., 2nd FL.,
Ridgewood, NY. Queens County,
on premises consumption. DC
Bar & Billiards Inc. d/b/a El Coqui
Bar & Billiards.

metro CLASSIFIEDS
To place an ad call 866-900-9473

LEGAL NOTICES

NOTICE OF FORMATION of Addy's Wag LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 04/22/2019. Office location: Bronx County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 2621 Palisade Avenue, 17G, Bronx, NY 10463. Purpose: Pet Services.

NOTICE IS HEREBY GIVEN that a license, Number 1318806, for Wine & Beer has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 19 Bogart St., Unit 1, Brooklyn, NY. Kings County, for on premises consumption. Ozi Brooklyn Inc. d/b/a Ozi Dumplings.

NOTICE IS HEREBY GIVEN that a license, Serial # 1318850, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 577 Lorimer St., Brooklyn, NY 11211. Kings County, for on premise consumption. Pomp & Circumstance Hospitality LLC.

NOTICE IS HEREBY GIVEN that a license, Number TBA, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Hotel under the Alcoholic Beverage Control Law at 37-10 114th Street, Corona, NY 11368. Queens County, for on premises consumption. SAMCOM 48 (DE) LLC.

LEGAL NOTICES

NOTICE OF FORMATION of 2015 Pitkin Solar, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 06/04/2019. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o YSG Solar, LLC, 79 Madison Ave., 8th Floor, New York, NY 10016. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number 1318947, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 1 Front Street, Brooklyn, NY 11201. Kings County, for on-premises consumption. Brooklyn Pizzeria Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1318849, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 144 West 19th Street, New York, NY 10011. New York County, for on premise consumption. GLUR LLC.

IMPORTANT INFORMATION: All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

JOBS**General Help Wanted****HOME HELPER WANTED****HHA FOR GREATER PAY!**

Without HHA? You can still help elderly friends & family members for great pay!

646-799-6062

212-564-3882 | 646-832-7647

or visit us at: 110 West 34th St.
Suite 1207 Manhattan, M-F, 10-5

metroCLASSIFIEDS

To place an ad call 866-900-9473
or visit us at www.metro.us

DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

PSYCHICS**THE MOST POWERFUL AFRICAN PSYCHIC**

30 Years Of Experience

PROF. BATOU**LOVE EXPERT**

I BRING BACK LOVE ONES
ONE VISIT & YOU WILL SEE RESULT.
I NEVER LOOSE ANY CASE

I CAN HELP YOU IN PROBLEMS:

Bring Back Love Ones, Marriage, Stop Divorce Court Cases, Business, Depression, Family Bonds, Stress Removal, Sexual Desire, Bad Luck, Jadoo, Stop Enemies And Offer Protection

Call now:

929.575.1482

Please don't remain silent with your problem

**Mr. SAIDOU**

International Spiritualist Medium & Psychic Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business

Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc.
Results in 7 Days Guaranteed.

Call 516-206-8543 and 646-339-9948

132nd Street, 7th Ave., Manhattan, NY

INDIAN PSYCHIC & SPIRITUAL HEALER

Master: Vijay Krishna
(I.C.A.S.)



IF YOU HAVE TROUBLES,

I HAVE SOLUTIONS

100% REMOVAL OF BLACK MAGIC, BAD LUCK, EVIL SPIRITS & GIVES PERMANENT PROTECTION

* LOVE * FAMILY * CHILDREN PROBLEMS
* HEALTH * JOB * MONEY * DEPRESSION
* ENEMY * COURT CASES * BAD HABBITS * ETC..

SPECIALIZED IN BRINGING LOVED ONES BACK

PRIVATE & CONFIDENTIAL 100% GUARANTEED RESULTS

929-250-4134

541 8th AVE BETWEEN 37 & 38 STREET, MANHATTAN, NY 110018

PROFESSOR KARAMO

NO PROBLEM WITHOUT SOLUTION

INTERNATIONAL SPIRITUAL HEALER CLAIRVOYANT FROM AFRICA

I CAN HELP WITH ALL YOUR PROBLEMS EVEN MOST DESPERATE CASE WHERE OTHERS HAVE FAILED TO HELP



BRING BACK LOVE ONE, REUNITE LOVERS, FAMILY PROBLEMS, SEXUAL PROBLEMS, BUSINESS, EXAMS, JOBS, COURT CASE

BLACK MAGIC, VODOO PROTECTION FROM ENEMIES, OR BUSINESS DIFFICULT OF CHILD OR DIFFICULT OF GETTING A CHILD HEALTH ISSUE OR EVIL SPIRITS, ETC.

Work Private And Confidential

Quick Result In Few Days

100% Guarantee

Call: 646-331-8597 / 929-326-2899

Speak: English / French

Trains 3 To Sutter Ave & Rutland Road

Email: madibatabatouenplo@gmail.com

Payment After The Results.



Everything you need to know to get ahead — every Monday
And every day on metro.us

To advertise, contact
(212) 457-7735
or advertising@metro.us

GAMES

ACROSS

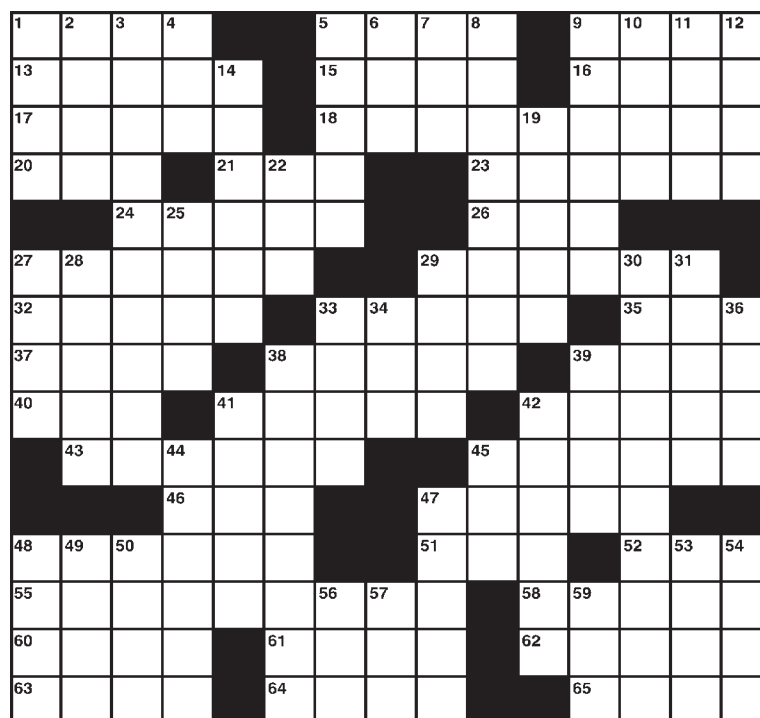
1 Failure
5 "It was," in poetry
9 Story lines
13 Citrus fruit
15 Request for more slop
16 Close tightly
17 Broadway musical
18 Set about, as a task
20 Sorority letter
21 CBS competitor
23 Took a road trip
24 Place for a doormat
26 Persian or Siamese
27 Pushed roughly
29 Tears to bits
32 One of the 12 Apostles
33 Shoe bottoms
35 "A Nightmare on ___ Street"
37 Plow pullers
38 Freeway divisions
39 Hopping insect
40 Part of a royal flush
41 Tendon
42 Slumber

43 One of dozens on a zebra
45 Huts
46 Hirt & Unser
47 "___ Your Wagon"; Broadway musical
48 Faucet
51 On one's ___; independent
52 Hustle & bustle
55 Manet, Monet & Degas
58 Flowed back
60 Perched ___; atop
61 Helpful hint
62 Irritated
63 "Phooey!"
64 Benevolent
65 Kennedy & Koppel

DOWN

1 Book jacket part
2 Part of the eye
3 Almighty
4 Luau dish
5 1 of the 5 senses
6 Come in first
7 Helpful hint
8 Drawings
9 Shrewd
10 Bottom

11 Birthday party dessert
12 Toboggan
14 Closer
19 Lion cries
22 A-E connection
25 Jenn-Air appliance
27 Catch sight of
28 Witch's spells
29 Slaughtered
30 Mouthwatering
31 Smooth & shiny
33 Not bananas
34 1/3 and 2/3
36 Geography book charts
38 Item in a makeup kit
39 Caramel-topped custard
41 Farm buildings
42 Fight souvenir
44 Furious
45 Noticed
47 Asked
48 Idaho export
49 Family member
50 Common metal
53 Title
54 Track numbers
56 Late ring king
57 Convent dweller
59 In just a ___; very soon

Powered by
ArkadiumCheck your answers
at metro.us/games

metro.us/wordsearch



Chain
Don't
Dreams
Drummer
Fleetwood

Gypsy
Landslide
Lies
Little
Mac

Mick
Own
Rumours
Stop
Way

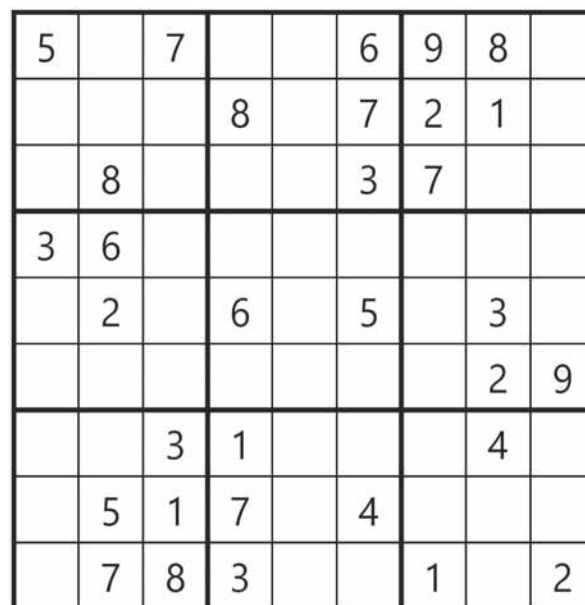
metro.us/wander

Category: Comedian



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

PLAY ANYTIME,
ANYWHERE

Find these games
and MUCH MORE at
games.metro.us



As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro New York 120 Broadway, Suite 220 New York, NY 10021 • main 212-457-7790 • to advertise 212-457-7735 • Press releases pressrelease@metro.us • U.S. Publisher Ed Abrams, Ed.Abrams@metro.us • U.S. Circulation Director Joseph Lauetta • U.S. Marketing Director Wilf Maunoir • email sales advertising@metro.us • email distribution distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • Managing Editor Morgan Rousseau, morgan@metro.us • News Editor Jeff Tomko, jeff.tomko@metro.us • Art Director Luis Matos, Luis.Matos@metro.us • Sports Editor Joseph Pantorno, joseph.pantorno@metro.us • Features Editor Pat King, Patrick.King@metro.us • Head of Production Matt Prowell, matt.prowell@metro.us

Alliance for
Audited Media

Powered by
Arkadium

metro.us/sudoku

		3	1			9		
6	9			8		1	4	
	1		9		4	5	3	
5						7	6	
1		7		5		4		3
	3	4						5
	5	9	4		6		7	
	7	6		3			1	9
		1			7	6		

metro.us/wordsearch

W	N	I	U	G	N	E	P	Z	C
O	N	G	F	N	P	U	I	T	A
R	U	O	N	O	L	U	G	H	R
C	T	O	E	R	R	W	E	C	D
L	O	S	V	E	L	J	O	I	I
O	R	E	A	H	X	L	N	R	N
L	R	D	R	I	B	H	Q	T	A
W	A	L	L	U	G	A	E	S	L
Y	P	R	G	F	A	L	C	O	N
P	G	G	K	I	V	D	O	V	E

Bird
Cardinal
Crow
Dove
FalconGoose
Heron
Lark
Ostrich
OwlParrot
Penguin
Pigeon
Raven
Seagull

Yesterday's Answers

C	A	L	R	A	Z	E	D	A	R	C	H
E	L	S	E	A	M	I	G	O	R	U	L
V	A	T	S	C	O	N	G	E	S	T	I
A	P	R	T	H	U	G	S	M	I	N	D
	O	C	H	E	R		G	A	S		
M	A	N	U	A	L	P	O	R	T	A	L
A	D	O	P	T	T	R	E	A	T	L	O
R	I	M	S	S	H	O	A	L	S	T	A
S	E	E	S	L	I	T	S	G	L	E	N
	U	R	A	N	U	S		C	O	A	R
	G	I	G		M	A	L	T	A		
S	T	E	E	P	B	L	A	N	D	T	A
T	R	A	N	S	C	R	I	P	T		
A	U	S	T	A	I	S	L	E	O	O	Z
B	E	T	S	P	E	T	E	R	O	N	E

wander words

Category: Animal

	J	A	C
B	A	R	K
B	I	T	

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.



NYMETROVEIN

Metropolitan Vein and Aesthetic Center

Painful Veins and Swollen Legs?
Don't Hide Your Legs Anymore!

Let Dr. Adam Goldman Remove Your Varicose Veins and Reduce the Swelling In Your Legs

"Show Off" Your Legs Again!

Covered by most health insurance plans and Medicare

Hablamos Espanol

'Get your legs ready for summer'



BEFORE AFTER

We specialize in circulatory problems including but not limited to:

- Varicose Veins •
- Spider Veins •
- Burning & Itching •
- Skin Discoloration •
- Clots •
- Leg Pains & Cramps •
- Difficulty Standing •

for Extended Periods

We Will Eliminate Your Varicose Veins

BEFORE AFTER
Elimination of Veins

- The procedures are minimally invasive with local anesthesia
- You can return to your daily activities the next day
- We can alleviate your discomfort with excellent results

WE ALSO OFFER A VARIETY OF COSMETIC SERVICES

Call for a FREE consultation and mention this ad when you call



Dr. Adam Goldman, MD

www.nymetrovein.com



Call us today to schedule a free consultation.

866-236-1793

4915 Broadway Apt. 1-0, New York, NY 10034

750 Mclean Avenue, Yonkers, NY 10704

37-73 103rd Street, Corona, NY 11368


ABB FORMULA-E
FIA FORMULA-E CHAMPIONSHIP


THE BATTLE FOR BROOKLYN

2019 New York City E-Prix | July 13 & 14

FORMULA E FAN ZONE: Allianz  E-Village

Live Music > Kids Zone > Racing Simulators > Meet the Drivers
Smorgasburg Street Food > Free Transport from Atlantic Terminal

**TICKETS
FROM \$12
&
KIDS GO*
FREE**

BUY TICKETS AT [FIAFormulaE.com/NYC](https://www.fiaformulae.com/NYC)

*Free entrance to Allianz E-Village for children ages 0-12 when accompanied by a paying adult age 16 years and over

Title Partner Technical Partner Official Partners

